

Pearl Barley & Asparagus Detox Salad

Ingredients

- ½ cup cooked pearl barley
- 1 cup steamed asparagus, cut into bite-sized pieces
- 2 tbsp toasted hazelnuts, chopped
- 1 tbsp fresh mint, chopped
- 1 tbsp olive oil
- Juice of ½ lemon
- Sea salt & cracked pepper

Instructions

1. Combine warm barley, asparagus, hazelnuts, and mint in a bowl.

2. Drizzle with oil, lemon juice, salt, and pepper.

3. Toss and serve warm or chilled.

Detox Benefits:

Pearl barley offers fiber and supports digestion; asparagus helps cleanse the liver; hazelnuts add healthy fats